



DESIGN OF VERBAL VIOLENCE AND PSYCHOLOGICAL VIOLENCE

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ABSTRACT

Verbal abuse is a type of emotional abuse. It is when someone uses their words to assault, dominate, ridicule, manipulate, and/or degrade another person and negatively impact that person's psychological health. Verbal abuse is a means of controlling and maintaining power over another person.

Psychological abuse, also known as mental or emotional abuse, involves using verbal and non-verbal communication to try to control someone or harm them emotionally.

INTRODUCTION

is a long tradition that teaches us to ignore verbal attacks. However, when these attacks become regular and systematic and purposefully target someone's sensitive spots, the object of the attacks is right to consider themselves victims of verbal abuse. Verbal violence can include issues that are specific to a person, such as putdowns (in private or in front of others), ridiculing, the use of swear-words that are especially uncomfortable for the other, saying bad things about the other's loved ones, threatening with other forms of violence, either against the victim or against somebody dear to them. At other times, the verbal abuse may be relevant to the background of the victim, such as their religion, culture, language, (perceived) sexual orientation or traditions. Depending on the most emotionally sensitive areas of the victim, abusers often consciously target these issues in a way that is painful, humiliating and threatening to the victim. Most of the verbal violence that women experience because of being women is sexualised, and counts as sexual violence. Verbal gender-based violence in the public sphere is also largely related to gender roles: it may include comments and jokes about women or may present women as sex objects (e.g. jokes about sexual availability, prostitution, rape). A great deal of bullying is related to the (perceived) sexuality of young people (especially boys). The regular negative use of words such as 'queer' or 'fag' is often traumatising for those perceived as gays and lesbians. This is very likely one of the reasons why many gays and lesbians only 'come out' after secondary school.

Though psychological abuse doesn't leave bruises and broken bones, it can cause severe emotional issues and mental health conditions. This form of abuse can be harder to detect; however, it's important to recognize it and seek help as soon as possible, as it is often a precursor to physical abuse.

Most people assume that if they were being verbally abused they would know about it. After all, verbal abuse often involves yelling, put-downs, name-calling, and belittling behaviors. But there is more to verbal abuse than people realize. Some people are verbally abused on a regular basis without even recognizing that it's happening.

Verbal Violence :

Verbal abuse can occur in any type of relationship: romantic relationships, parent-child relationships, family relationships, and co-worker relationships.

Verbal abuse sometimes precedes physical abuse; however, this is not always the case. Verbal abuse can exist without physical abuse. The effects of verbal abuse can be just as damaging as those of physical abuse.

This article covers what verbal abuse is, the signs and impact of verbal abuse, as well as how to seek help if you are coping with the effects of verbal abuse.

Signs of Violence :

Verbal abuse involves using words to name call, bully, demean, frighten, intimidate, or control another person. This can include overt verbal abuse such as yelling, screaming, or swearing. Such behaviors are attempts to gain power, and the goal is to control and intimidate you into submission. As a result, it is abusive and should not be tolerated or excused.

However, verbal abuse can also be much more subtle. Victims of verbal abuse often question whether or not what they are experiencing is truly abusive. They also wonder whether or not it is a big deal.

Some signs that you are experiencing verbal abuse include:

- You are afraid of your abuser
- You feel like you have to walk on eggshells around the other person
- You feel like you cannot share things about yourself with them for fear that they will mock or ridicule you
- You're afraid to go out in public with them because of what they will say about you in front of other people
- You feel threatened
- You feel as if you are constantly being put down about how you look, think, act, dress, or talk
- You feel inferior or ashamed about who you are
- They yell at you but then suggest that you are overly sensitive or that you don't have a sense of humor
- They overreact to small problems and then blame you for the resulting argument
- They suggest that they are the victim and try to make you feel guilty about something they accuse you of doing
- They hide this verbal abuse when you are around other people but act completely different when you are alone.

Verbal abuse can also be used to harass people by humiliating, insulting, criticizing, or demeaning them using words. This can often be used as a way to intimidate or bully people in a variety of settings, including in relationships and the workplace.

People engage in verbal abuse for a variety of reasons. Family history, past experiences, personality, and mental illness are a few factors that can play a role.

Types of Verbal Violence :

When someone is being verbally abused, the person attacking them may use overt forms of abuse like engaging in name-calling and making threats, but also more insidious methods like gas lighting or constantly correcting, interrupting, putting down, and demeaning them.

Even prolonged silent treatment is a form of verbal abuse. When this happens, the person is attempting to control and punish the victim by refusing to talk to them.

For some people, especially those who experience verbal abuse in the home or experienced it as a child, it can often be overlooked because verbal assaults feel like a normal way to communicate. But they are anything but normal and can have lasting consequences.

Verbal abuse can take many different forms, including:

Blaming: This type involves making the victim believe they are responsible for the abusive behavior or that they bring the verbal abuse upon themselves.

Condescension: While often disguised as humor, sarcastic comments that are intended to belittle and demean the other person can be a form of verbal abuse.

Criticism: This involves harsh and persistent remarks that are meant to make the person feel bad about themselves and are not constructive but deliberate and hurtful. Criticism can be painful in public or private, particularly if the person is simply being mean and has no intention of being constructive.

Gaslighting: This is a type of insidious, and sometimes covert, emotional abuse where the abuser makes the target question their judgments and reality.

Humiliation: When you are insulted in public by a peer, a friend, a family member, or a dating partner, this can be particularly painful.

Judging: This type of verbal abuse involves looking down on the victim, not accepting them for who they are, or holding them to unrealistic expectations.

Manipulation: Using words to manipulate and control the other person is also a type of verbal abuse. This can include making statements like, "If you really loved me, you wouldn't talk to other people about our relationship," or using guilt trips to get you to do certain things.

Name-calling: Abusive, derogatory language, or insults that chip away at the target's self-esteem, sense of self-worth, and self-concept. Anytime someone engages in name-calling, it is a form of verbal abuse. Even if the names are said in a neutral voice, this is not an acceptable treatment of another person.

Ridicule: Typically, verbally abusive people will make you the butt of their jokes. This can be done in private or in person. But if you don't find it funny, then it is not harmless fun. What's more, verbally abusive people usually select jokes that attack an area where you feel vulnerable or weak.

Threats: This involves statements meant to frighten, control, and manipulate the victim into compliance. No threat should ever be taken lightly. When people make threats, they are trying to control and manipulate you. Remember, there is no better way to control someone than to make them fearful in some way.

Withholding: This type of verbal abuse involves a refusal to give affection or attention, including talking to you, looking at you, or even being in the same room with you. Examples of withholding or ignoring include stonewalling or giving someone the silent treatment.

Impact of Verbal Violence :

Verbal abuse can impact every element of life, from academic performance to relationships to success at work. Just like any other form of abuse or bullying, verbal abuse has both short- and long-term consequences, including:

- Anxiety
- Changes in mood
- Chronic stress
- Decreased self-esteem
- Depression
- Feelings of shame, guilt, and hopelessness
- Post-traumatic stress disorder (PTSD)
- Social withdrawal and isolation
- Substance use

When verbal violence is particularly severe, it can impact whether or not people can see themselves as being successful in any area of life. Those who experience verbal abuse as children may experience feelings of worthlessness, difficulty trusting others, and problems regulating their emotions as adults.

It is not uncommon for a person who is verbally abused to feel inadequate, stupid, and worthless. In some cases. They are explicitly told they are these things by the person abusing them.

Verbal abuse can be particularly confusing because the partner may not be abusive all of the time and their behavior likely emerged slowly over time. In this way, verbal abuse can be insidious and subtle.

As a result, when the abuser is loving and gentle, the victim can forget about the negative behavior. Ultimately, the victim ends up ignoring the pattern of verbal abuse or makes excuses for the behavior, saying that the abuser is just stressed or going through a tough time right now.

Psychological Violence :

In a first approximation, psychological violence may be defined as that sort of violence which involves psychological damage on the part of the agent who is being violated. You do have psychological violence, that is, any time that an agent voluntarily inflicts some psychological distress on an agent.

Psychological violence is compatible with physical violence or verbal violence. The damage done to a person that has been the victim of a sexual assault is not only the damage deriving from the physical injuries to her or his body; the psychological trauma the event may provoke is part and parcel of the violence perpetrated, which is a psychological sort of violence.

Signs of Psychological Violence :

These are some of the warning signs that someone is being psychologically abused:

- Being visibly upset or agitated
- Being withdrawn and unresponsive
- Avoiding certain people or being scared, nervous, or timid around them
- Behaving in unusual ways, such as rocking, biting, or sucking

There are also more subtle signs, such as:

- Starting to cancel plans at the last minute

- Making excuses for the partner's hurtful words or behaviors
- Being more quiet when the partner is around
- Being overly apologetic
- Appearing to be more indecisive and insecure
- Feeling rushed all the time
- Constantly checking the phone/partner is constantly checking in

Types of Psychological Violence :

Psychological abuse can take different forms, which can include:

- Intimidation
- Coercion
- Bullying
- Ridicule
- Humiliation
- Gaslighting
- Harassment
- Infantilization
- Isolation
- Silence
- Manipulation
- Control
- Threats
- Name-calling

Effects of Psychological Violence :

People often underestimate the damage that can be caused by psychological abuse. Psychological abuse is seen as less impactful than other abuses, mainly because an outsider can't "see" the damage. Psychological abuse takes place in someone's thoughts and personal beliefs. The consequences of an abuser who is psychologically abusive are almost nonexistent.

A victim of psychological abuse may have a period of denial that they must work through. Psychological abuse occurs in cycles with moments of obvious abuse as well as moments of non-abusive behavior. A victim may often feel embarrassment, confusion, fear, or hopelessness, therefore, they may not speaking out about their situation in order to receive assistance. Adults and children who are victims of psychological abuse have the same effects.

Short-Term consequences of psychological violence are:

- Difficulty concentrating
- Moodiness
- Muscle tension
- Nightmares
- Racing heartbeat
- Various aches and pains

Long-Term consequences of psychological violence are:

- Depression
- Anti-social behaviors
- Low self-esteem
- Intellectual deficits
- Academic difficulties
- Health problems
- Shyness
- Anxiety

Psychological abuse is often a precursor to more severe abuse, such as physical violence, or more extensive medical conditions, such as fibromyalgia and chronic fatigue syndrome. Once an abuser has started abusing a victim, the abuse tends to get worse over time, not better.

Hated Speech :

Gender-based hate speech mainly targets women (in this case, it is often called sexist hate speech) and LGBT+ people, on the basis of sex, gender, sexual orientation or gender identity both in the private and public spheres. This includes the Internet, which is considered a public sphere. However, people may also be affected by this kind of gender-based violence in private e-mails or messages sent using online messaging software.

Gender-based hate speech can take many different forms – jokes, spreading rumours, threats, slander, incitement of violence or hate. It aims at humiliating, dehumanising and making a person or group of people scared. As with any type of violence, gender-based hate speech is usually very destructive for the person targeted: people who experience hate speech often feel helpless, and do not know what to do. They feel uneasy, frightened, and they lose self-confidence and sometimes even attempt suicide.

Case studies :

Kamlesh Devi v. Jaipal and Ors., (2019)

In this case, the petitioner Kamlesh Devi stated that she and the Respondents are family members of the same family and they've been residing in the same premises for a long time. The petitioner's husband is a former BSF officer, and she has three kids, Urmila, Anusaya, and Gaytri. Anusaya and Gaytri are the petitioner's unmarried daughters who attend Krishna Nagar College for their

education. Furthermore, Respondents have formed a gang and are quarrelsome individuals, and whenever the Petitioner's daughters, Anusaya and Gaytri, went to their college, Respondents Jaipal, Krishan Kumar, and Sandeep followed them and taunted them, as well as engaged them in obscene behaviour.

The Supreme court said that the High Court correctly concluded that the elements of domestic violence were completely missing in this case. The petitioner and Respondents are not residing in the same residence together. The responders are allegedly family members, according to a vague accusation. There isn't even a murmur between the Respondents and the petitioner. They seem to be neighbours. Hence, the special leave petition was denied.

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